

Occupational Health Report

Health Protection at work

COVID-19 Contact Tracing Hub

Staff reporting will be transferred through My Imperial in Feb 2021. This change will be communicated widely.

<https://www.imperial.ac.uk/admin-services/ict/self-service/admin-systems/my-imperial/>

COVID-19 and Work on Campus

OH continue to receive staff and medical students referrals for assessment of any health vulnerability that increases their risk of COVID-19.

COVID-19 and Travel on College Business

Evidence of departmental risk assessment signoff for all individual and group, (small team and student) fieldwork activities by the Head of Department or (delegated Departmental Operations Manager/Departmental Safety Manager) is required prior to submitting any Travel Health Clearance Questionnaires to Occupational Health.

Live well work well during COVID-19

This page draws together new and existing resources to support staff especially during the Coronavirus outbreak.

<https://www.imperial.ac.uk/health-and-wellbeing/live-well-work-well-during-covid19/>

Remote Working Wellbeing

This yammer group continues to host contributions from the community during remote working:

<https://web.yammer.com/main/groups/eyJfdHlwZSI6Ikdyb3VwIiwiaWQiOiIiODE5ODUwMzQyNCJ9/new>

Vaccination

OH do not have access to COVID-19 vaccinations and expect this to be the case in the long-term.

Wellbeing and Mental Health

Mental Health First Aid

OH continue to support Mental Health First Aiders through ALGEE Skills Case Study Exercises on Microsoft Teams.

Physical Wellbeing

Ethos update

NHS Services: Seeking help during COVID-19.

While everyone is being told to stay at home, the NHS hosts information advising people how to seek medical advice for any current health or medication concerns they have via their GP or 111.

<https://www.nhs.uk/conditions/coronavirus-COVID-19/social-distancing/using-the-nhs-and-other-health-services/>

Health & Wellbeing Dates for the Diary

Mental Health Awareness Week, 10-16 May 2021.

The national theme of MHAW is nature. The College theme builds on this with a theme of Connection. Connection can be to nature, connection to one another, our families, and colleagues,

or it can be more to do with the self, through creativity or meditation. These aspects of connection are crucial for our mental health and many of us re-discovered this during lockdowns this year and last. We have opportunities to foster connection through a diverse range of workshops designed to increase connection and break down barriers including mindfulness, introduction to sign language, self-compassion, and drawing improv.